



GOVERNMENT EXPERTS' ADVICE ON HOW TO CAN

STRING BEANS

String beans for canning should be tender and fresh. When the beans within the pod have grown to any size canning is more difficult and the finished product is of poorer quality. The Refugee is a good variety for canning. Use only well-sorted, small, tender beans. Wash and pick over the beans. String the beans and cut them into two-inch lengths. Cutting diagonally or "on the bias" gives a pretty product. If desired they can be canned whole and packed log-cabin fashion in square jars.

After the beans are prepared, blanch by placing in a cheesecloth bag in boiling water for from three to eight minutes, according to the age and size of the beans. Blanch only until the pods will bend without breaking, then plunge the hot beans into cold salt water (one tablespoonful of salt to one quart of water) for an instant. Drain well, pack quickly and cover with hot brine (2½ ounces of salt to one gallon of boiling water). Partially seal jars.

Processing with steam under pressure is recommended. Process points 45 minutes under pressure of 10 pounds. Seal immediately, cool in a draft-free place. When cold, test for leaks, and store in a cool, dark, dry place.

If the intermittent boiling process is used, boil for 90 minutes on the first day, and 60 minutes on the second and third days. Before each subsequent boiling the covers must be loosened, and after each boiling the covers must be securely tightened to make sealing complete. Cool, test and store.

Lima beans are treated the same as string beans, except that a seasoning (one-third level teaspoonful salt and two-thirds teaspoonful sugar) is added after the jar is packed with beans. When the jar is filled with beans, cover them with clear hot water. Paddle with a wooden paddle to remove air bubbles and partially seal lids. Process as with string beans.—United States Department of Agriculture.

CONCENTRATED VEGETABLE SOUP

Any desired mixture of vegetables may be canned for home use. A good combination consists of one quart concentrated tomato pulp, one pint corn or tiny lima beans, one pint okra, four teaspoonfuls salt and sugar seasoning, one small onion chopped, and half cupful of chopped sweet red pepper. Cook the tomatoes, pepper and onion; put through a sieve to remove seeds and skins. Return strained pulp to kettle and cook down to about the consistency of ketchup. Measure, add the corn or beans and okra, which have been prepared as for canning, add seasoning, and cook all together for ten minutes. Pack hot into previously boiled jars. Partially seal jars.

Processing with steam under pressure is recommended. Process quart jars 30 minutes under pressure of ten pounds. Seal immediately, cool in a draft-free place, and when cold test for leaks. Store in a cool, dark, dry place.

If the intermittent boiling process is used, boil for one hour on each of three successive days. Before each subsequent boiling the covers must be loosened, and after each boiling the covers must be securely tightened again to make sealing complete. Cool, test for leaks, and store.

If the single-period continuous method is followed, place the jars in the water bath and boil for at least two hours. Seal completely, cool and test for leaks, and store.—United States Department of Agriculture.

PEACHES

Before preparing fruit make sirup (three pounds nine ounces sugar to one gallon of water or five pounds, eight ounces sugar to one gallon of water), allowing about one cupful of water for each quart jar. Put in one cracked peach pit for every quart of sirup. Boil sirup for five minutes. Strained honey or other sirups can be used in place of a part of the sirup usually required.

Sort the fruits, using firm, sound, uniform peaches for canning and putting aside the soft broken ones for jam. Peeling may be done by immersing in boiling water about one minute or until skins slip easily. Remove, plunge for a minute into cold water, and slip off the skins. Cut into halves and pack at once in previously boiled jars, placing the halves in overlapping layers, the concave surface of each half being downward and the blossom end facing the glass. Fill each jar with hot sirup and paddle carefully to remove air bubbles. Partially seal jars. Boil (process) quart jars in

a water bath for 20 minutes and half gallons 35 minutes. When thoroughly cold test jars for leaks. Store in a cool, dark, dry place.

Firm, perfect peaches may be floated in boiling water for about 20 seconds after being peeled. They are then cut in halves, seeds removed, and packed as indicated above. Peaches floated in this manner are made more flexible and pack to better advantage. They also become mellow, absorb more sirup and are finer in flavor.—United States Department of Agriculture.

APPLES

Apples shrink more in canning than most fruits, and for this reason should be blanched for one minute. Plunge them into a cold bath, then pack. Cover with a sirup made of 14 ounces of sugar to one gallon of water and process quart jars 12 minutes. Other sirups can be used in place of a part of the sugar usually required.

This method of canning apples is not economical, because the apple is juicy and needs no water added. A better method, perhaps, is to make a sauce out of the apples. This may be done by steaming them until tender and passing them through the sieve. Allow one cupful of sugar to each gallon of pulp. Reheat until the sugar is dissolved, pack hot in sterilized jars and process quart jars 12 minutes.—United States Department of Agriculture.

PEPPERS

The best sweet peppers for canning are the Spanish varieties known as pimientos. The fruit of these peppers has very thick flesh, tough skin, and is comparatively smooth and free from ridges. The bell peppers are not suitable varieties for canning. Peppers should be ripe, sound, and free from bruises. Sort, using the whole peppers for canning and small or broken peppers for products such as sauces, soups, chutneys, and Dixie relish. Prepare for peeling by roasting peppers in a hot oven from six to eight minutes being careful not to allow them to scorch. Peel, cut out stem, remove seeds, and pack dry in flattened layers. No water or seasoning is used in the preparation of these peppers; the processing brings out a thick liquor which almost covers them in the previously boiled jars. Partially seal jars, sterilize (process by boiling) pint jars for 30 minutes. Cool and test for leaks.

When a steam-pressure canner is used, process pints ten minutes under an eight-pound steam pressure.—United States Department of Agriculture.

FIGS

Figs for canning should be sound and firm. Sprinkle one cupful of soda over six quarts of figs and add one gallon of boiling water. Allow the figs to stand in the soda bath for five minutes. Drain and rinse thoroughly. Bring two quarts of sirup, made by using three pounds and nine ounces sugar to one gallon of water, to boiling and add the well-drained figs. If desired the amount of sugar may be reduced, but it is not advisable to attempt the canning of figs without any sugar at all.

Allow the fruit to boil in the sirup for one hour. Place the fruit carefully in the jars and then fill to overflowing with the sirup. Partially seal jars. Boil (process) quart jars for 30 minutes in water bath. Seal. When cold test jars for leaks. Store in a cool, dark, dry place.—United States Department of Agriculture.

PLUMS

Select sound, uniform plums. Prick each with needle to prevent bursting. Pack as firmly into jars as possible without crushing. Fill jar with hot sirup made by boiling five pounds and eight ounces of sugar and one gallon of water for five minutes, and straining. (Plain boiling water or honey may be used instead of sugar sirup.) Partially seal jars; boil (process) quart jars for 15 minutes. Remove, seal air-tight and, when cold, test for leaks. Store in a cool, dark, dry place.—United States Department of Agriculture.

SOME NEIGHBOR CAN USE THEM.

Some neighbor surely can eat or put up the surplus products from your place. A quart of canned peaches or tomatoes on the shelf is worth a bushel rotting on the ground. See that your pantry shelves sag just a little this year. Weeding will seem easy next winter when mother serves those home-canned string beans.

Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

"BAR THE BARLEY FROM THE BAR AND BAKE IT INTO BREAD."

Barley flour makes excellent bread and barley mush is a splendid breakfast food. The country needs the barley that is being rotted to make beer. The following recipes are offered to those who do not know how to use barley flour to make barley flour and wheat flour bread:

Five cupfuls wheat flour. One cupful barley flour. (Above flour sifted together.) One cupful scalded milk. One cupful water. One tablespoonful shortening. Two tablespoonfuls sugar. Two teaspoonfuls salt. One cake compressed yeast, dissolved in one-quarter cupful lukewarm water.

Place the sugar, salt and shortening in the mixing bowl and pour in the scalded milk and water. When cooled to lukewarm add the dissolved yeast, then stir in the flour previously sifted together, and when thoroughly mixed place on breadboard and knead until smooth and elastic, adding a little flour from time to time if necessary; then place in a greased bowl, cover and let rise in a warm place until light (about two and a half hours). Knead it down in the bowl and allow it to stand until light, which will require about one hour. Knead down and let stand for 20 minutes, then mold into loaves, place in greased pans and let rise until light. Bake well in a moderate oven.

If it is preferred to set overnight, use only one-half compressed yeast cake or one dry yeast cake and an extra one-half teaspoonful of salt.—Union Signal.

WASTING FOOD, LABOR, LIFE.

These are the chief factors in winning the war;—and the liquor men are wasting all three!

They are wasting food. Last year the waste amounted to 7,000,000,000 pounds of foodstuffs! And they have no right to starve men by making others drunk!

They are wasting labor. About 800,000 men are engaged in the manufacture, sale and distribution of booze—in breweries, saloons and restaurants, as brewers, bartenders and waiters—at a time when every man is needed in some useful occupation to help win the war. The labor of these 800,000 men is worse than wasted—no possible good can come of it, but much harm is done.

They are wasting life. Bartenders, brewery workers and waiters in saloons lose an average of six years of life on account of their occupations. If the 800,000 men who make and sell booze lose an average of six years of life, it makes a total of 4,800,000 years of life. The average man works about 30 years—so that the liquor traffic is using up the equivalent of 60,000 men in each generation. And this is too great a price for the nation to pay.—Charles Steble.

GERMAN'S BEER-POISONED.

This from an article by Professor Daly of Harvard, in the New York Times:

"A mildly alcoholic state is usually not conspicuous by a very decided lack of efficiency or of social decorum in the poisoned man. Hence the effects of steady beer drinking are not as striking as in the case of persons poisoned with whisky, rum, or absinthe. Yet I venture the hypothesis that life-long drinking of mild beer has been one of the most potent causes for the amazing brutalities of official Germany. Those crimes have been ordered by men who, for decades, have been poisoned by beer. In times of peace and quiet the poisoning causes derangement of brain tissue, often expressed merely in some form of sentimentality, plain or maudlin. If, however, the victim is put under stress, his nervous disorder is likely to lead to bad temper and bad judgment, with endless possibilities in the way of loss of dignity, poise, and the sense of human fellowship. The final result here considered is the development of true savagery."

SCIENCE OUR GREAT ALLY.

The aim of science—says a great scientist of our day—is not primarily improvement of the community or government of the state. These are merely its by-products. Its purpose is the revelation of truth. Hence the conclusions of science should have, do have, enormous weight in this age of truth-seeking; in these times when reason, not sentiment, rules, when the people are everywhere asking to be shown. The voice of science should have, is having, great influence in the settlement of the liquor question. We should see to it that our statesmen, our lawmakers, our men and women thinkers and voters, are informed as to its latest word concerning alcohol.

Her Last Chance.

"Do you think she loves him?" "Desperately." "Why desperately?" "Because he is her last chance."

Swept Under the Bed.

"See here, Annie, don't you ever sweep under this bed?" "I always do, mum. It's so much easier than using the dustpan."

The respect of others is the first restoration of the self-respect a man has lost.

PUT IT SQUARELY UP TO DAD

Young Son of Famous Member of "Vigilantes" Frankly Considered His Father a Slacker.

Ellis Parker Butler, the author, who lives at Flushing, and is devoting his energy to aiding in the successful prosecution of the war, does not bear an enviable reputation for patriotism in his own household. Mr. Butler has been writing for the Thrift and War stamps campaign.

Mr. Butler is the father of twin sons of tender age. Several nights ago he returned home tired after a day's work for the Red Cross and took his seat at the head of the table. After they had finished their dinner the twins produced their Thrift stamps and started to count them.

"Dad, look at all the stamps I have," said one of the youngsters. "I have 200. Look at brother's pile; he has more than I."

Mr. Butler nodded approvingly to Mrs. Butler and they both smiled. There was silence for a minute, then one of the twins looked up and exclaimed: "Dad, why don't you do something patriotic?"

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SHE GOT COMPOSERS MIXED

Queen Victoria's Error Must Have Caused Mascagni to Pass an Uncomfortable Few Minutes.

Sometimes when a great personage essays musical criticism embarrassing errors arise. Once Queen Victoria invited Mascagni, the composer of Cavalleria Rusticana, to play for her at Windsor castle. When the musician was at the piano her majesty said:

"I am passionately fond of one of the numbers of your opera." Mascagni played the Intermezzo.

"No," said the queen, "that is not the melody I mean."

Mascagni played the Prelude.

"That's not it, either."

Mascagni played the dramatic Duet.

The queen became almost impatient. "I'll help you to remember it," she said, and hummed a few measures.

With increasing consternation Mascagni listened as the queen sang the Prologue to Leoncavallo's "I Pagliacci."

Le Gaulois, in telling the story, does not say whether the musician informed the queen that she had made a mistake.—Youth's Companion.

Editor Finally Turned.

"And this," said the alleged old soldier, "was a long-suffering editor who was an old soldier, 'is where the Arabs were massed in front of us. 'Here'—pointing to another place on a dirty pocket map—"is where our division was drawn up in zereba."

"We deployed in this direction, and our left wing was attacked by the enemy on this knoll. Just at this point I was wounded on the left shoulder, and a hundred yards further on I got my right arm shattered by a piece of one of our own shells, and—"

"But," interrupted the bored editor, "where did you get your brains blown out?"—London Tit-Bits.

Even With Ludendorff's Help.

The old woman who lived in a shoe boasted: "Yet the crown prince couldn't live in a pocket," she cried.

A Bright Pupil.

Teacher—Into what two great classes is the human race divided? Pupil—Motorists and pedestrians.

NO ADVANCE IN PRICE

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If dairying is to provide either pleasure or profit, United States department of agriculture specialists point out, the unprofitable cow must be disposed of. The well-bred high producer that takes her place must be properly and economically fed and cared for. Cow testing associations have demonstrated that the feed of the dairy herd can be selected and balanced in such a way as to decrease feed costs one-third and at the same time increase milk production.

Poor Comparison.

Caroline was eating a green apple, and her mother said, "O, dearie, don't eat that. It will make you sick as a dog!" Caroline's reply was prompt and logical. "Our dog is the wellst one of the family."

Used to It.

"Here's that returned soldier boasting about how he was gassed in the trenches, and it never hurt him." "How could it? He was a book agent for ten years."

A Message to Mothers

YOU know the real human doctors right around in your neighborhood: the doctors made of flesh and blood just like you: the doctors with souls and hearts: those men who are responding to your call in the dead of night as readily as in the broad daylight; they are ready to tell you the good that Fletcher's Castoria has done, is doing and will do, from their experience and their love for children.

Fletcher's Castoria is nothing new. We are not asking you to try an experiment. We just want to impress upon you the importance of buying Fletcher's.

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Fewer German Socialists.

The membership of the socialist party in Saxony has decreased from 177,000 in 1914 to 23,000 paying members at present, according to a recent Dresden dispatch to the Berliner Tageblatt. The decrease was due to the number of socialists serving in the army and the split in the socialist party of Germany. Deputy Gradnauer, speaking at the convention of Saxon socialists, said that the circulation of socialist newspapers in Germany had increased from 618,000 copies on April 1, 1917, to 792,000 on April 1, 1918.

Appropriate Decoration.

"How is that aviator's room fixed up?" "I don't know, but it ought to be with fly paper."

HAARLEM OIL CAPSULES IF YOUR BACK ACHES

Do you feel tired and "worn-out"? Are you nervous and irritable? Don't sleep well at night? Have a "dragged out" unrested feeling when you get up in the morning? Dizzy spells? Biliousness? Bad taste in the mouth, backache, pain or soreness in the loins, and abdomen? Severe distress when urinating, bloody, cloudy urine or sediment? All these indicate gravel or stone in the bladder, or that the poisonous microbes, which are always in your system, have attacked your kidneys.

You should use GOLD MEDAL Haarlem Oil Capsules immediately. The oil soaks gently into the walls and lining of the kidneys, and the little poisonous animal germs, which are causing the inflammation, are immediately attacked and chased out of your system without inconvenience or pain.

Don't ignore the "little pains and aches," especially backaches. They may be little now but there is no telling how soon a dangerous or fatal disease of which they are the forerunners may show itself. Go after the cause of that backache at once, or you may find yourself in the grip of an incurable disease.

Do not delay a minute. Go to your druggist and insist on his supplying you with a box of GOLD MEDAL Haarlem Oil Capsules. In 24 hours you will feel renewed health and vigor. After you have cured yourself, continue to take one or two Capsules each day so as to keep in first-class condition, and ward off the danger of future attacks. Money refunded if they do not help you. Ask for the original imported GOLD MEDAL brand, and thus be sure of getting the genuine.—Adv.

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Yum Yum.

After watching some folks eating the delightful fruit, one is inclined to say with that distinguished statesman whose name we forget, "Come on in—the watermelon's fine."

One Talk, One Penny.

Donald had just finished reciting "Little Boy Blue" when his uncle said, "Say it over again and I will give you a penny."

Donald did as he was requested, and when he had ended his uncle again said, "Now say 'Tom, the Piper's Son,' Donald."

Quick as a flash Don asked, "You hasn't got another penny, has you, Uncle Bill?"

Philadelphia is to have a hospital for wounded negro soldiers.

Nothing Like That.

"Didn't Peggy marry a literary man?" "Dear me, no; he's a magazine writer."—Life.

We'll say this for money. It's the only thing that will make some fellows work.

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FOOD SAVED

MEANS LIVES SAVED